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Not even snowstorms can stop stork

By Staff Sgt. Alan Williams
Fuji Flyer Editor

Saturday, the proverbial stork landed on Yokota's runway, delivering Kaleb Steven, son of Rebecca and Mark Obert at 12:45 p.m. in the middle of a snowstorm.

In an ambulance, on its way to the hospital, the newest edition to the Obert family officially joined Team Yokota.

But the story began several hours earlier.

By 8 a.m., Obert was already at the hospital with her husband Mark, a staff sergeant assigned to the 374th Supply Squadron. She had been enduring labor contractions for a couple of hours prior so she and her husband went to the hospital where she was evaluated and later released after being told that she hadn't dilated enough.

"She was evaluated and found to have dilated only two centimeters, we admit at 4 centimeters," said Maj. Maureen Swezey, chief of Obstetrics and Gynecology Services.

Back at home, after several hours of attempting to rest, she felt nauseous and went to the bathroom. That's where her water broke. After that, she could barely stand up so she told her husband to call an ambulance.

Fortunately for the Oberts, the on-call obstetrician, Maj. Steven Bayer, 374th Medical Operations Squadron, was near their home on the west side.

The doctor received a phone call advising him on Obert's condition and decided to make a house call, just in case. Bayer arrived at the Obert's only a few minutes after they called the ambulance.

In the home, Bayer evaluated Obert and advised her

there was plenty of time to get her to the hospital before she delivered.

When the ambulance arrived, the emergency medical team whisked her into the am-

bulance and was off to the hospital with the doctor trailing them.

"As soon as they put me in the ambulance I told them, 'the baby is coming,' so the guy (the

Rebecca and Mark Obert show off their new son Kaleb Steven, Monday, after his nuchal chord birth in the back of an ambulance on the way to the base hospital. The Oberts credit the doctor and emergency medical technicians, who responded to their call, for their son's health. The Oberts also have a daughter named Tatianna (not shown).

EMT) looked and said he didn't see anything," said Obert. "Then I said, 'the baby is coming now,' and he looked again and the baby's head was crowning."

The ambulance driver, who was in radio contact with the trailing doctor, immediately pulled over. Bayer and the EMT swapped places and the baby was born about five minutes later, weighing in at 7 pounds and 10.5 ounces. That wasn't the end of it though.

Unfortunately, little Kaleb was born with a nuchal chord, which means the umbilical chord was wrapped around his neck during delivery. The doctor quickly unwrapped the chord and performed tactile stimulation to get the baby to breath on his own.

According to Swezey, deliveries with nuchal chords happen in about 25 percent of deliveries, so Bayer was prepared for that situation because it isn't rare.

"She went amazingly quick — a lot faster than many
see **BABY** page 2



photo by Staff Sgt. Alan Williams

Base weathers 10 1/2 inches of snow

Staff Sgt. Jeff Loftin
374th Airlift Wing Public Affairs

A southern low dropped 10 1/2 inches of snow on Yokota in 17 hours Jan. 27 limiting operations and stranding transient passengers.

The snow closed down many base facilities and others had limited hours. Most Army and Air Force Exchange Service facilities closed early, except for the shoppettes and Box Office Video, which were open normal hours.

Although most Services facilities were closed, some were hard at work.

"A World Airways contract flight was stranded at Yokota with more than 200 passengers," said Senior Master Sgt. John Truchon, 374th Services Squad-

ron superintendent. "Lodging found them rooms here and downtown. Vehicle Ops dispatched three buses to take the people downtown. We also fed them at the Samurai Café. Some of our people were real busy that day."

According to 1st Lt. Steven Storms, wing weather officer, the snow started falling around midnight Jan. 26 and continued until 5 p.m. the next day when it turned to rain.

"For the first few snowstorms this year we would get a lot of little lows that track up along a storm and give us some snow," said Tech. Sgt. Gary Hall, assistant chief, weather station operations. "This one happened to be perfectly in phase with the upper level trough that was coming through. A lot of times the

upper levels will be favorable, but the lower levels won't. But, everything kind of came together for this one."

The average for Yokota is three inches in January and six inches in February, according to Master Sgt. John Carroll, chief, weather station operations. As of Monday morning the base had received 20.5 inches of snow in January.

"The extreme snowfall for January was 25 inches and we are almost there," said Carroll. "The record for February was 20 inches and the max for March was 23 inches. The most we've ever had in a single day was 15.3 inches and that was Jan. 15, 1998. The most we've ever had in one year was 53 inches of snow. We've

been keeping weather records since 1947.

"Really February is our big snow month," he said. "There is a good chance of breaking a record this year. But, you never can tell, we could not have another flake of snow for the rest of the year."

The snowfall Jan. 27 was the third time it snowed this year, but there is nothing to say the trend will continue through the winter.

"Obviously it is an anomaly that we're getting more than average snowfall," said Storms. "But, I don't see the weather pattern being overwhelmingly sensitive to snow. It's just one of those things, when everything lines up just right."●

Keeping the coverage

By Tech. Sgt. Michael Bailey
374th Medical Support Squadron

When children go off to college, parents face many decisions as a family. Continued health care coverage may be one of them. TRICARE eligible dependent coverage continues until they are age 23 as long as they are attending school full-time. Parents need to look at which TRICARE option will work best for their child. If you have been using Prime for the family, it may or may not be the best choice for the college-bound son or daughter, depending on their health care needs and location.

The health benefits adviser at the 374th Medical Group can help determine the best option. If the college or university is located in an area where TRICARE Prime is offered, they can continue Prime coverage.

It is not necessary to have all family members enrolled in the same region. Students can transfer their enrollment to a different region if while attending college there.

For retirees and their family members, there are enrollment fees stateside if they choose to enroll their child in TRICARE Prime. To transfer a child's enrollment, or to change their enrollment information in TRICARE Prime, parents must complete and sign an enrollment application

or change request form and send it to the managed care support contractor in the new region. For active-duty, the student can transfer the enrollment as often as necessary. Limitations may apply for all others. Contact the Health Benefits Advisor here for additional information.

TRICARE Prime coverage will continue while the student is traveling from one region to another where Prime is available. We recommend they stay enrolled in the home region until arriving in the new location. The transfer is effective the date the transfer request is received in the new region.

For active-duty dependents, enrollment in TRICARE Prime will be automatically renewed at the end of the one-year enrollment period unless you decline the renewal offer. Eligible retirees must pay their enrollment fees for coverage to continue uninterrupted.

If the child has to be disenrolled from TRICARE Prime due to non-availability of this option, please do so immediately. If they seek non-emergency civilian care without prior authorization, the cost is higher under the point-of-service option. This means an annual \$300 deductible for one person for inpatient or outpatient care before cost-sharing begins. After the deductible is satisfied, TRICARE contractors will pay only 50 per cent

of the allowable charges for covered care, instead of the 75-80 per cent they would pay under TRICARE Standard.

Consider a TRICARE supplement or student health insurance if the child's school offers it. TRICARE will be second payer on medical bills that are not fully covered.

While the basic TRICARE benefit is the same throughout the country and the world, there may be some differences in business practices – authorization or referral rules – used by the managed care support contractor in the student's new region. A health benefits adviser at the local medical treatment facility where the student is enrolled, or the local TRICARE service center can help the child with any questions that may come up. Be sure they understand the rules in the new TRICARE region pertaining to pre-authorization for care. Failure to abide by these rules, which can vary from region-to-region, could result in POS charges.

Before the student goes to college, you may call ahead to the managed care support contractor in the new region to request TRICARE information. For more information about transferring enrollment, please visit <http://www.tricare.osd.mil> or contact your health benefits adviser at 225-6478/6474.

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DAYS UNTIL THE IRRI: 32

BABY from page 1

women," said Swezey. "What usually takes hours, she did in about a half hour."

OB/Gyn Services here delivers about 300 babies a year, according to Swezey. Of those, only two were born outside of Labor and Delivery, young Kaleb, and an elevator delivery about six months ago with a couple from Atsugi after a long helicopter ride here.

"Doctor Bayer talked with us after everything was over and told us it was good thing he had come over," said the proud father. "Because, he (the doctor) didn't know if the EMTs knew enough to fully deliver the baby so they could get the umbilical chord from around the baby's neck. If it wasn't for Doctor Bayer," he added, "I don't know if we would have had a good outcome. His house call was pretty important."

Kaleb is the second child in the Obert family. Kaleb has an older sister named Tatianna. She is 2 years old.●

NEWS AROUND THE AIR FORCE & PACAF

Demographics offer snapshot of force: The Air Force Personnel Center recently published its quarterly report on the active-duty and civilian populace.

The report, which covers Oct. 1 through Dec. 31, offers a snapshot of the service's active-duty and civilian employees, providing a more descriptive look at the service.

This demographic infor-

mation is available on the center's World Wide Web home page at <http://www.afpc.randolph.af.mil> under the public affairs area. There is also more statistical information under the center's analysis page, in the personnel statistics area.

Medical 'watch dog' protects deployed forces: Newly introduced medical technology is giving Air Force medics the

ability to rapidly detect and deal with biological events or attacks on deployed U.S. airmen.

The Global Expeditionary Medical System is a worldwide medical surveillance network that detects trends in symptoms and diagnosis among thousands of deployed military patients. Using this information, GEMS can help physicians determine if troops

have been exposed to biological warfare agents.

Air Force tests new dining system: The Air Force Services Agency hopes to improve dining facilities Air Force-wide.

A new computer-based system is designed to eliminate paperwork for food managers dealing with inventories, menus and recipes. Dining fa-

cility customers may see an improvement in quality as a result.

"We have given the manager back the time it takes to run the facility," said Master Sgt. Bruce Wood, chief of the operational systems branch at AFSA in San Antonio. "It allows managers to spend more time working with their people and improving operations rather than ... trying to maintain inventory, work their prices and do those things. Now they spend more time on quality of food."

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Full Page Advertisement

Protecting smiles for a lifetime



By Maj. Kevin Murphy
374th Dental Squadron

How important is a child's smile? As a parent, make the difference in a child's dental health by promoting good oral hygiene and teaching them the importance of taking care of their teeth. A lot of people have a parent or grandparent that wears some kind of denture or has missing teeth – this can be prevented in children with proper dental care.

With this in mind, the 374th Dental Squadron is participating in National Children's Dental Health Month, a national educational program sponsored by the American Dental Association in February. The dental squadron will promote the benefits of good oral health through classroom presentations, dental clinic tours, educational displays, and a poster contest.

There are many ways to help children maintain good oral health. The Academy of Pediatric Dentistry recommends that a child's first dental visit should be scheduled prior to two years of age. In-

fants should have their mouths cleaned with a damp washcloth to remove plaque, and tooth brushing should begin as soon as the first tooth erupts. Also, children should not be allowed to use a baby bottle with formula, milk, juice or sweet liquids during nap or bed time. The sugar in these products can cause baby bottle tooth decay which is a rapid form of decay that can destroy the primary teeth of an infant.

It's also recommended that children brush twice a day – after breakfast and before bedtime – and should be supervised until age 8. A balanced diet is important to a child's dental health as well. The number of high sugar snacks should be minimized.

The amount of fluoride a child receives is important in maintaining good teeth. Fluoride helps to strengthen the teeth and de-

crease the amount of tooth decay. Here, the water supply is fluoridated; however, the water off-base isn't. The dental clinic offers in-office fluoride treatments or fluoride supplements if the need is determined.

Maintaining a great smile for a lifetime can be easily accomplished with good oral hygiene at home and with regular care from the dentist. Parents set the example for their children by brushing, flossing, and seeing the dentist regularly. Please feel free to call the clinic at 225-8028 for an appointment or to learn more about Children's Dental Health Month.



Capt. Chris Shipley, a dentist in the 374th Dental Squadron examines Tre Ragin, Tuesday.

photos by Staff Sgt. Alan Williams

Tax center opens Monday

By Staff Sgt. Jeff Loftin
374th Airlift Wing Public Affairs

Tax season is upon us. For many, the season conjures up memories of headaches wading through the forms and regulations, hoping for some meager return. Others look forward to it all year with the hope of gaining some extra spending money.

But no matter which side of the fence one is on, Yokota's tax center is here to make it as uneventful as it can be.

The tax center, located in Bldg. 3002, will open its doors Monday.

This service, run by the legal office, will be available for all active-duty, retired, dependent and SOFA-status civilians.

"The mission of the tax center is to provide a free electronic filing service for Yokota," said Tech. Sgt. Timothy Priest, NCO in charge of the center. "Although we are here to e-file taxes, if you have a tax question you should consult your unit tax advisor first. If your unit tax advisor can't assist you, we will be available. But, everyone is encouraged to consult with their unit tax advisor first."

All of the unit tax advisors com-

plete a four-day course taught by the Internal Revenue Service. If they don't know the answer to a question, they will know how to find it, said Priest.

"Our office also has paper copies of some IRS forms for filers who desire to mail in their returns," he said. "However the IRS website, www.irs.gov, has all the forms and instructions as well as other valuable information. We encourage

"It is rare that people undergo major changes in the way they file. So if they bring in last year's tax forms, we are able to process their taxes a little quicker," he said.

Taxpayers need to make sure that the name on their social security card is the name they file their taxes under. Otherwise, the IRS will reject the tax return and they will have to file by mail.

"In an effort to improve our customer service, this year the tax center is offering appointments for 1040 and 1040A filers," said Priest. "This is to eliminate excessive lines and waiting. These appointments will be offered Monday through Wednesday only. We are offering walk-in service for 1040EZ filers Monday through Thursday from 9 to 11 a.m. only."

For an appointment, call 225-4927.

Advertisement

AF surgeon general: 1 suicide is 1 too many

By Leigh Anne Bierstine
Air Force Surgeon General Public Affairs

WASHINGTON (AFPN) — One Air Force suicide is one suicide too many, according to Lt. Gen. Paul Carlton, Air Force surgeon general.

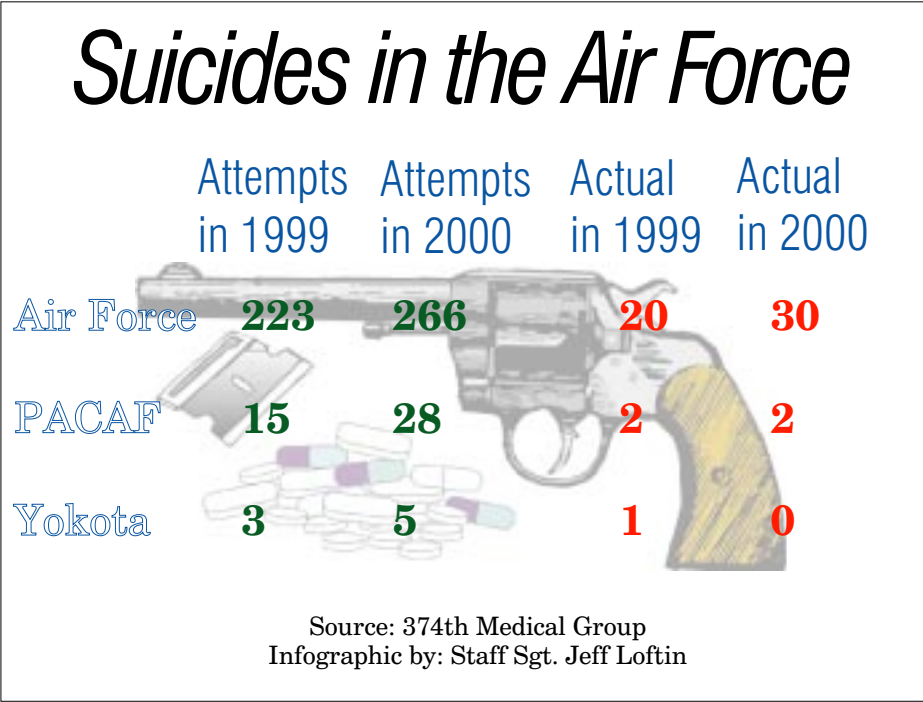
The surgeon general is trying to combat suicides by instilling in every Air Force member that it is a community problem. That philosophy is the basis for the Air Force's community approach to suicide prevention.

"We have to stop thinking of suicide prevention as something only mental health professionals do," Carlton said.

"All of us have a responsibility to our fellow airmen and co-workers," he explained. "Recognizing when a person is having problems and actively encouraging that person to seek help is a vital part of suicide prevention.

"We lose too many airmen to suicide in the Air Force, and it is preventable," he said. "Whatever the numbers are, we can never stop being proactive and declare victory. Instead we must continue our efforts."

Today, the Air Force is using a prevention team called the integrated delivery system that includes chaplains and professionals from mental health, family support, child and youth services, health and wellness centers, and family advocacy, all working together and taking responsibility for enhancing community health and well-being.



To date, suicide prevention efforts include an emphasis on involving and training Air Force leadership, and on buddy care and annual suicide prevention training for all military and civilians. The Air Force also maintains a database that tracks not only suicides but also suicide attempts.

The Air Force is not alone in its battle against suicide. David Satcher, surgeon general of the United States, described suicide as a "serious public health problem." Nearly 31,000 people commit suicide annually in the

United States. Twenty-one active-duty Air Force people committed suicide in 2000, according to the casualty services branch of the Air Force Personnel Center.

Raising suicide awareness is not enough, according to Lt. Col. Wayne Talcott, who leads the Air Force's suicide prevention team.

"Our pilots are responsible for early signs of problems with their jet engines, so mechanics can intervene before engine failure occurs," Talcott said. "In the same way, we expect our

commanders, first sergeants and supervisors at every level to be responsible for their co-workers and watch for early signs of problems so we can intervene early."

"The subject of suicide is very discomforting for many people, but the first step toward preventing suicide is getting people to talk about it," Talcott said.

Talcott suggest people be alert for the following warning signs that may signal suicide intent:

- Preoccupied with death and dying
- Talk about committing suicide
- Make final arrangements for death
- Trouble eating or sleeping
- Drastic changes in behavior
- Withdrawal from friends or social activities
- Loss of interest in work, school, etc.
- Give away prized possessions
- Take unnecessary risks
- Loss of interest in personal appearance
- Increased use of alcohol and drugs

For more information on what to do if a member encounters someone with these signs, immediately contact an appropriate integrated delivery system representative: the chaplain's office, family support center, behavioral health clinic, family advocacy, or health and wellness center.

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BASKET FULL OF BARGAINS

Story and photos by Senior Master
Sgt. Gordon Van Vleet
374th Airlift Wing Public Affairs

The old adage “doing more with less” plays a big part in today’s military and the saying never rang more true than with Yokota’s commissary as preparations for opening a new store with almost 17,000 more square feet to fill comes together this year.

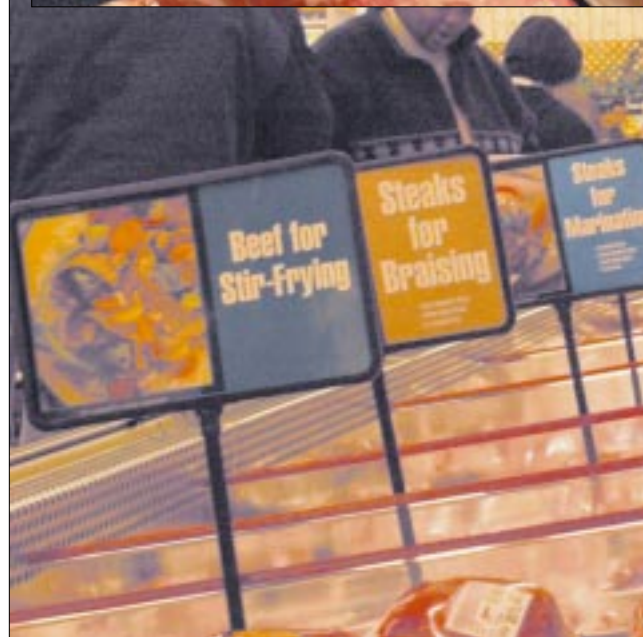
Jean Jordan, Store Administrator and Karen Oshsner, Store Director set in motion a plan to make Yokota’s commissary the best. With the new commissary coming on line when Yokota’s Community Center opens this fall Jordan and Oshsner plan to bring more products, with better selections to shoppers.

“We need to change the way we operate in order to make transition to the bigger store this fall,” said Jordan.

And bigger is the right word for it. The new store’s 37,000 square foot shopping area dwarfs the current stores 20,500 square feet. “Although Yokota’s store will almost double in size, the number of employees will stay the same.” The more space will mean a better selection of products in some cases and will allow the shelves to stay stocked from payday to payday said Jordan.

Yokota’s commissary and employees help build Team Yokota’s spirit and morale through making living in Japan a little easier. “You have to give people a sense of their value,” said Jordan.

“The commissary is a great place for socializing as well as shopping,” said Jor-



dan ... and with more than 40 years in the grocery store business, Jordan speaks from experience.. “People should be able to come in and buy their food at good values, and at the same time the store is a social place where people can stand around talking and enjoy their shopping.”

In the future look for bigger and better bargains at the commissary as the store’s new management works to make shopping at Yokota an event with a bargain for everyone.



Above, Araia Tsuneo checks the meat counter for restocking before bringing out meat for display. Left, Miya Tashiro, working the ID check counter, greets customers, Staff Sgt. Rick McIntyre and his daughter Allison, as they enter the store. Far left, Christin Healy, rings up come groceries as she works at one of the many checkout stations in the store. Below is a view of the end of the shopping for many customers.





PHOTOS BY STAFF SGT. ALAN WILLIAMS

Letters to the editor

This column is open to all Fuji Flyer readers and is intended to promote two-way communication. The Fuji Flyer will publish letters that appeal to a Yokota-wide audience. Letters may be edited for grammar and length.

I agree with Bank of America's policy to report military members who are more than 60 days late in paying their bills. But I think the finance office should be notified of each case first. This would be to determine if the member has been paid the travel pay and failed to pay his or her bill, or if finance did not pay the member for whatever reason. Military members should take responsibility for their own actions, but we do not have a choice as to whether we want to use the government credit card in the first place. Also, in my opinion, since we are given the split payment option we should use it when filling out our travel voucher.

Master Sgt. Danette Stewart
374th Airlift Wing

WHAT'S IN IT FOR ME?

By Senior Master Sgt.
Roy Campbell
374th Medical Operations Squadron

Over 20 years ago I asked myself, "What's in it for me?" I was referring to a life in the military. At the time, I was contemplating like so many other 18-year-olds what was I going to do with my life?

Having grown up on a small farm in southern Indiana under my father's watchful eye, a post-Korean War veteran, I had been taught to give back to my family and country more than I had received. My choices were go to college, work in the local factories, or join the military. After closely examining all of my options I chose the United States Air Force. The rest as they say is history.

After reviewing my career, undoubtedly I made the right choice! Many may ask, "Why did you join the military?" After high school I needed a challenge. I wanted to see the parts of the world my father spoke of from his career travels. I wanted to have a trade that could support my family. Even though at the time I may have disagreed, I was searching for discipline and structure in my life. Most adolescents will deny this of course. I had witnessed what a lack of discipline would do to a person by watching my high school

friends waste their lives aimlessly and I didn't want to meet the same fate. For me, the military was the obvious choice. A choice I have never regretted!

When I went into the local recruiter's office he asked what I wanted to achieve with my life. I told him, "I want to see the world, learn a good trade, and have some kind of purpose in my life. Can you hook me up?" He did. I have had the privilege of traveling to all 50 states (several times I might add); more than 45 different foreign countries on four continents; and several places I had only read about in books and magazines. I wanted to travel and I got my wish.

I had always enjoyed the medical field and taking care of people so I asked to be trained as a medic. My trade has given me the satisfaction of knowing I serve the most precious asset our military/country has — *its people*.

They protect our country's borders, go into harm's way defending the less fortunate, and project democracy throughout the world. I have seen firsthand what positive impact my skills have made, not only within this country but also around the world. Not many civilians can testify to this. I have been blessed by being assigned to units that give me the opportunity to be placed on "flying status." This

allows me to fulfill my childhood dream of flying on planes and practice my skills.

I spoke of discipline as something I was searching for. My father taught me the importance of having it but the military gave me the skills to fully explore it. Without structure a person loses focus of what's important. This focus gives us the initiative to accomplish the impossible, achieve goals that were once unimaginable, and teaches us the respect we need to fully appreciate the things we have.

As I reflect back on my 20 challenging, but rewarding, years of military service I have asked myself numerous times, "What was in it for me? Did I make the right choice?" My answer is simple — absolutely! I have had the privilege of serving with the greatest military ever marched, — bar none! I have worked with the best professionals, both officer and enlisted. I have been able to travel to far off lands having known my presence made a positive difference. I am not rich monetarily, but I have found I am wealthy beyond belief. I have the answer to my adolescent question, "What's in it for me?" Though I am not ready to take off my uniform and lay down my stripes for a civilian job just yet, when I do I will know I made the right choice by serving this great nation with Honor.●



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Deadlines

The deadline for articles is noon Friday the week before publication. Briefs and classified ads are due Wednesday. For holidays, the deadline is one day earlier.

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The Action Line is your direct line to me. Use it if you have questions or comments about Yokota, which couldn't be resolved by your chain of command. When you call, please leave your name and phone number so you can be reached if more information is needed.

Col. Mark Zamzow
374th Airlift Wing Commander



DUI Prevention

24-30 Jan. DUIs:	0
Total DUIs in January:	1
Total DUIs in 2001:	1
Record DUI-free streak:	85

Punishment
.05-.07=14 days walking, 6 points
.08-.09=90 days walking, 6 points
.10 and above=one year walking, 6 points
Don't drink and drive, call
225-RIDE
(All stats as of Jan. 30)

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Full Page Advertisement

Movies

The movie schedule is as follows:
Today — *Charlie’s Angels*, PG-13, 6:30 p.m.; *Anti-Trust*, PG-13, 9 p.m.
Saturday — *Legend of Drunken Master*, R, 6:30 p.m.; *Anti-Trust*, PG-13, 9 p.m.
Sunday — *Little Nicky*, PG-13, 2 p.m.; *Anti-Trust*, PG-13, 7 p.m.
Monday — *Charlie’s Angels*, PG-13, 7 p.m.
Tuesday — *Charlie’s Angels*, PG-13, 7 p.m.
Wednesday — *Legend of Drunken Master*, R, 7 p.m.
Thursday — *The Pledge*, R, 7 p.m.
All movies and showtimes are subject to change without notice. For information, call 225-8708.

Commander’s Channel

The Channel 18 schedule is as follows:
Family views — Today through Wednesday, *Working It Out*. Alex has a chip on his shoulder and Robert, a boy who recently immigrated from Chile, is a perfect target for his frustration.
Black Americans of Achievement — Sunday, George Washington Carver at 6 p.m., Jessie Jackson at 6:30 p.m., and Booker T. Washington at 8:30 p.m. Tuesday and Thursday, Harriet Tubman, at 6 p.m.; Frederick Douglass, at 6:30 p.m.; and Madam C.J. Walker, at 8:30 p.m.
Air Force News and Air Force Memorial Video — daily at 3 p.m.

Workshop

The chapel is offering a free

workshop with special focus on Liturgical and music ministries from 8:30 a.m. to 4 p.m. Saturday. Bobby Fisher, nationally renowned clinician, composer, recording artist, master teacher and director of the NPM Guitar School will direct the workshop. The workshop is open to all faiths and services. Advance registration is required by Thursday. For more information, call 225-3347.

Commander’s call

There will be a mandatory commander’s call Thursday at the base theater. The times are 374th Medical Group and wing staff agencies, 6:30 a.m.; 374th Support Group, 8 a.m.; 374th Operations Group, 9:30 a.m.; 374th Logistics Group, 11 a.m.; and all remaining, 1:30 p.m.

Correction

The *Fuji Flyer* misidentified the charges for the master sergeant in last week’s Scales of Justice column. He received an Article 15 for three counts of disobeying an NCO and one count of willful dereliction of duty.

Christian concert

The base chapel is sponsoring a concert of contemporary Christian music by Bobby Fisher at 7 p.m. Saturday in the Yujo Recreation Center. The concert is free and open to the entire Yokota community.

Talent fashion show

Teens will display their talents and knowledge of African-American history at 6 p.m. Saturday, in the

Taiyo Recreation Center.
For more information, call 225-4243.

Montel Jordan concert

The Japan Professional Entertainment Office has tickets for the Montel Jordan concert Feb. 9 at Yokosuka. Tickets are \$35 and include transportation. Stop by the Yujo to sign up or if you wish to go on your own, call 243-5613.
The teen center is planning a trip to Montel Jordan’s Feb. 10 concert at Atsugi. The cost is \$10 and includes transportation.

Harlem Gospel Choir

The world-renowned Harlem Gospel Choir will perform at the Taiyo Recreation Center Feb. 18 at 7 p.m.

Retiree dining

The Samurai Cafe is now open to all military retirees, both local and transient, Friday to Sunday and on federal holidays. For more information, call 225-8324.

Services bazaar

Shop for unique gifts and decorative items for your home from 9 a.m. to 3 p.m. Feb. 17 at the Yujo Recreation Center.

Family night cancelled

The enlisted club will not offer its regular family night so that the staff may focus their efforts on the members attending the Valentine’s meal. Family night will resume Feb. 21.

Slumber splash

Kids can enjoy movies, snacks, swimming and breakfast at the natatorium’s summer splash. The event starts at 8 p.m. Feb. 18 and ends at 10 a.m. the next day.

Parent’s sports forum

Get involved in the Youth Sports Program by attending the Parent’s sports forum at 6 p.m. Feb. 20 at the east youth center.

Awards banquet

The 374th Airlift Wing Annual Awards Banquet is at 6 p.m. Feb. 10 in the enlisted club ballroom. The cost is \$20. Contact unit first sergeants for ticket information.

Sweetheart banquet

The Protestant Women of the Chapel are having a Valentine sweetheart banquet and renewing of vows Feb. 10 at the Taiyo Recreation Center. At 5 p.m. there will be a corporate renewal of your wedding vows to include wedding portrait. At 6 p.m. there is a sweetheart buffet followed by wedding cake, a wedding toast and dancing until 10 p.m. Tickets are available from any PWOC board member or on Sunday. Last day to buy tickets is Sunday.

For more information, call 227-9986.

Thai restaurant

The enlisted club now has Thai food. Bangkok Express is open weekdays 11 a.m. to 7 p.m.

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WANTED

Patio awning — For 4-bedroom garden, also desire fence for small yard. 227-5562.(1)

Summo Ticket — I have one ticket for the Yujo sumo tour Feb. 11 and need at least one more. 0908568-0035.(1)

Dragonaball/GT — Game for a Sony Playstation, will pay reasonable price. 227-9595.(2)

LOST & FOUND

Found — Boy’s bicycle in East Side housing. 227-2383.(3)

HELP WANTED

Dog watcher — Adult to watch two small dogs in my home close-by off base as needed, will pay. 090-7170-1945.(1)

Child care — Single mom of three boys, ages 13, 6 and 3, needs overnight child care during occasional TDY trips, references required. 227-3206.(1)

English teacher — College degree preferred, three days a week, evening classes available, 3,000 yen an hour. 042-567-2444.(2)

PETS

Cat — Black-and-white house cat, about a year old, very lovable, great with kids, spayed and tendons cut, all shots up to date. \$100. 227-4622.(1)

Sheperd/lab mix — Great with toddlers and kids, all shots current, 4 years old, moving soon and can’t take with us, free to a good home. 227-2719.(1)

Dalmation — Beautiful 1-year-old female with papers, spayed, microchipped, shots current, requires lots of attention, free to a good home. 227-3839.(2)

Chocolate lab mix — Female, neutered, shots current, 6 years old, cannot be with children, free to a good

To submit an ad, e-mail: fuji.flyer@yokota.af.mil or drop off at the 374th Airlift Wing Public Affairs Office (Bldg. 315). Advertisements must be for one time sales only, 25 words or less and include a name and home phone number. No more than two ads per family, per week.

Ads will run for one week, possibly longer space permitting. The Fuji Flyer deadline is noon Wednesday the week before publication. For holidays the deadline is noon Tuesday the week before publication.

home. 224-5374.(2)

FOR SALE

Miscellaneous — Bunk bed with mattresses, \$350; Compaq computer with 15-inch monitor and JBL Pro speakers, \$375; Little Tots picnic table, \$20; Sony 20-inch color TV, \$45; Kenwood Mini HI-FI components system with five speakers, \$150; Hatachi 13-inch color TV, \$25; all OBO. 227-2472.(1)

Nordic Track — Pro ski machine, excellent condition, \$250 OBO. 227-2750.(1)

Miscellaneous — Instep Jogging stroller, \$45 firm; baby walker, \$20. 227-4259.(1)

Telephone line — Off-base phone line, \$399 OBO. 227-6228.(1)

Phone line — \$300. 042-530-7408.(1)

Miscellaneous — Two boys mountain bikes, like new, \$80 each; Techniques audio receiver, \$100; Techniques 5-disc CD component, \$80; 15-inch Compaq Presario monitor with built in mic and speakers, \$100; two Pioneer 8-inch car woofers, 200-watts each, already in box, \$300; all prices negotiable. 227-4275.(1)

Table — Solid oak round dining table with four matching chairs and 18-inch leaf, \$200 OBO. 227-8450.(1)

Miscellaneous — Nordic rider, dual motion with timer, \$100; digital camera, Fuji Film DX-9 zoom, slightly used, \$200; glass tank for hamster, \$20; kerosene heater, \$15. 227-4871.(1)

Miscellaneous — King-size waterbed, waveless mattress with heater, \$200; large oak 6-drawer chest, \$50. 227-5512.(1)

Table — Solid oak one-leaf oval dining table with four chairs, leaf removed makes 72-inch round table, well cared for, excellent condition, pads come with chairs, \$750. 227-9341.(1)

Miscellaneous — Black entertainment center, \$50; contemporary dining table and four chairs, \$150; brass coffee table with smoked glass top, \$40; toaster oven, hardly used, \$20; cappuccino/coffee maker with coffee bean grinder, \$25. 227-3505.(1)

Mattress — California king-size mattress and box springs, 1 month old, in great condition, \$1,200. 227-3505.(1)

Miscellaneous — TV/VCR corner cabinet, 23x35 inch, \$60; 3-drawer changing table, \$15; propane grill with two tanks, \$50; large air conditioner, almost new, \$350; two small air conditioners, \$175 each. 227-2366.(1)

Twin stroller — Kool Stride, holds two children or one, aluminum lightweight jogging stroller, large quick detach tires, folds down to fit in trunk, rain/wind cover, excellent condition, paid \$350, asking \$175 OBO. 227-9978. (2)

Miscellaneous — Two Century Breverra Classic booster seats, perfect condition, barely used, \$30 each; Mommy Bear, simulates womb sounds, only used one time, \$25. 227-3839.(2)

Miscellaneous — American/Japanese Playstation with MOD chip, plays all games, more than 40 games, action, flight simulator, etc., all original accessories plus three joysticks, multicontroller adapter, Game Genie, \$400 OBO; American Nintendo 64, two controllers, two games, Madden

and Knockout Kings 2000, \$100. 090-7011-6015.(2)

Furniture — King-size headboard and dresser with mirror; cherry wood wall unit, less than 1 year old; cherry wood dinette set with chairs. 227-4579.(2)

Phone line — Available immediately, \$375. 090-2724-4555.(2)

Miscellaneous — GT Zaskar mountain bike, frame only, brand new, never used, \$370 OBO; infant car seat carrier with base, \$15 OBO. 227-2691.(2)

Miscellaneous — Air conditioner, \$50; awning, \$200; baby crib, chiffobe, playpen, swing, walker; cassettes and VHS tapes, \$5; double stroller, \$30; 4-in-1 stroller, \$30; file cabinet, \$10; kerosene heater, \$50; queen-size bed with mattress, \$100; vacuum cleaner, \$20; wall units, \$20; Weider bench with 200 pounds, \$200. 227-9087.(2)

Computer — Gateway PIII 500, 192MB RAM, 18GB HD, Superdisk LS-120, CDRW/DVD, Boston Surround Sound, 16MB video card, 19-inch monitor, \$2,200. 227-6272.(2)

VEHICLES

1988 Toyota — Corona, JCI until October, 4-door, automatic, power windows, excellent condition, low mileage, \$1,300 OBO. 225-2724.(1)

1988 Nissan — Gloria Luxury Model, JCI until November, 4-door, automatic, power windows, excellent condition, low mileage, \$1,000 OBO. 225-2725.(1)

1987 Toyota — Hilux Surf SSRI Limited Edition, 4-wheel drive, automatic with power option, sunroof, AM/FM cassette, power windows and

locks, gray interior, gray and black exterior, 75,000 K, runs great, \$2,800 OBO. 227-5902.(1)

1988 Silvia — K Series, JCI until May 2002, CD player, moon roof, power everything, \$1,800 OBO. 227-7784.(1)

1989 Toyota — Carina, JCI until Aug. 2002, very dependable, good condition, \$1,200 OBO. 090-4617-4815.(1)

1991 BMW — 320, 4-door, automatic, power everything, runs great, JCI until November, \$6,500. 227-2251.(1)

1990 Nissan — Skyline, silver, JCI until August, power everything, recent tune-up, new tires and oil change, excellent condition, extremely reliable, \$2,400 OBO. 227-3505.(1)

1990 Toyota — Avante, 4-door Chaser, JCI until Nov. 2002, climate control, new Kenwood 2-din CD/cassette unit with 10 CD changer, excellent condition, \$1,800. 227-3991.(1)

1991 Toyota — Mark II Grande, V-6, all power, automatic, AM/FM cassette, JCI until 2002, \$1,700 OBO. 264-4278.(1)

1990 Toyota — Corona, 4-door deluxe, power windows, mirrors and locks, awesome cassette stereo, JCI until Feb. 2003, new brakes, great condition, \$1,900 OBO. 227-2472.(1)

1990 Mitsubishi — Mirage, blue, 4-speed, runs very good, \$1,500 OBO. 227-2750.(2)

1985 Toyota — Master Ace van, JCI until May, available end of May, power everything, \$2,000. 227-9087.(2)

1987 Toyota — Supra Twin Turbo, JCI until April 2002, power everything, 227-9087.(2)

1991 Nissan — Presea, excellent condition, new battery, CV boots, AM/FM, CD changer, power windows, locks and brakes, A/C, automatic, 44,000 miles, JCI until May, dependable, \$1,900 OBO. 227-9978.(2)

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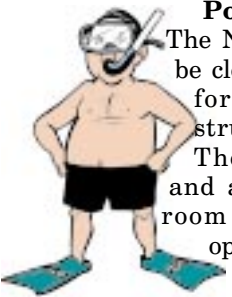
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“Quotes”
& Things

“That was the nail that broke the coffin’s back.”

Jack Kraft, Villanova basketball coach, on a key player fouling out of the game

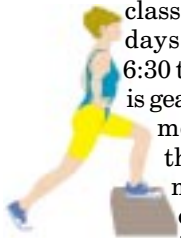
Pool closure: The Natatorium will be closed Feb. 12-16 for lifeguard instructor training. The cardio room and aerobics classroom will remain open.



Moonlight bowling: Bowl for prizes at Tomodachi Lanes the second and fourth Saturday of the month and if the month has a fifth Saturday. Sign ups start at 6 p.m., bowling starts at 7 p.m. Cost is \$15 for three games.



Aerobics classes: The natatorium now has free aerobics class Mondays, Wednesdays and Fridays from 6:30 to 7:30 a.m. The class is geared towards military members enrolled in the Fitness Improvement Program, but is open to anyone wishing to participate.



Yokota Raiders: There will be a Yokota Raiders varsity football meeting at 2 p.m. Saturday in the Main Fitness Center. The meeting is open to all potential players, coaches, managers, statisticians, trainers, or anyone interested in being involved with the team. For more information, call 225-7687.



AMERICA'S AIRLIFT FORCE IN THE PACIFIC

FUJI SPORTS

Rampagin’ Ravens
run over New York Giants



Above, Gloria Robinson catches one of many miniature footballs that were tossed in to the crowd Monday. Left, Don Medzius and Jennifer Santilli, obviously both Ravens fans, cheer as Baltimore scores its third touchdown in the 3rd quarter of Superbowl XXXV, bringing the score to 27-7, Baltimore in at the Yokota Officers’ Club Monday.

photos by Staff Sgt. Alan Williams

Be prepared for more fit future

Information provided by the 374th Aerospace Medicine Squadron

Most people are familiar with the annual cycle ergometry fitness assessment, more commonly known as ergo or bike test. The Air Force expanded the program to include muscular fitness assessments using push-ups and crunches July 1, 2000. Air Force members are required to have a practice assessment on record by June 30. This documentation will

then provide leadership the opportunity to evaluate it’s effectiveness prior to implementing it in 2002. As of Dec. 31, Yokota’s muscular fitness results were: out of the 938 people assessed here at Yokota, 66 percent met their goal for crunches and 57 percent met their goal for push-ups. Currently assessments are “goal oriented”. There is no need to worry about pass/fail standards until Air Force evaluates the program. Mus-

cular fitness, along with aerobic capacity, flexibility and body composition, are important aspects of total fitness. The goal of the AF Fitness Program is to get people exercising and, therefore, improve readiness. “The best way to prepare for the muscular fitness assessment is to practice,” said Carey Karger, Fitness Program manager. “For those who can’t do a regular push-up, try doing some from your knees or do several sets on a

chest press machine, located in the Fitness Center. Do enough repetitions until your muscles become fatigued. Rest for 1-2 minutes, and then repeat the exercise. “If you’re just starting out, you can expect to see strength gains within a few weeks,” she said. If you haven’t had a practice fitness assessment, check with your squadron unit fitness assessment monitor to ensure you’re scheduled before June 30.

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